On the Parents are page of the Sharks Website there will be a list of eligible swims, if the swimmer’s name appears on the list then you have a chance of competing in this gala, it is not always guaranteed.

**Format of an entry sheet**

Eligible swims are normally shown by age group and appear next to the swimmer’s name. Under normal circumstances the following is true

Events starting in a “1” are Saturday morning

Events starting in a “2” are Saturday afternoon

Events starting in a “3” are Sunday morning

Events starting in a “4” are Sunday afternoon

Note that this may change if events are held on a Sunday or if the gala has finals.

The entry Secretary will be able to assist you with when sessions are planned and your coach will help and advise what swims you should enter.

**Entry Submission**

Entries should be submitted to the Entry Secretary via the email – [entries@bellshillsharksasc.co.uk](mailto:entries@bellshillsharksasc.co.uk) no later than the time and date stated on the gala page. Entries after the cut off will not be accepted - this is to allow processing time prior to the official closing date.

Once the closing date for the gala is reached a file is sent to the hosting club with all the swimmers who have asked to have their swims put forward.

**Accepted swims**

The parent’s area of the website will be updated with accepted swims once the hosting club notifies us. If your name appears on the accepted list then you should pay the entry fee for the gala to the Bellshill Sharks bank account as soon as possible and no later than the week of the gala.

**On the day**

If you are attending a Gala please check on the Sharks Website for warm up times. You should be at poolside approximately 30 minutes before the warmup start time.

Go directly to the coach and check in. The coach will instruct you on stretching, warm up, prepare you for your race and provide constructive feedback after the race.

You should remain with your team at all times until the coach says otherwise, either after your last race or at the end of the session.

If you require to leave poolside you should notify the coach as to where you are going.

If you are unable to attend a gala you should inform the club preferably the night before but a least before warm up so the coach can withdraw you from your swims.

**What to Bring?**

2 towels (1 for poolside and 1 for changing room)

2 swimsuits (1 for warm up and 1 for racing)

2 pairs of goggles

2 Swim caps

Sharks T-Shirt/Shorts

Water/Juice – No fizzy drinks or glass bottles

Small healthy snack for after warm up/race

Lunch if you are swimming in 2 sessions

**Definitions**

Open Meet – Open to all swimmers, normally limited by the number of swimmers who can attend rather than by time. It is only usually the fastest swimmers in each age group who get accepted for these galas.

Graded Meet - These are designed to stop the top swimmers in each age group from being the only people able to compete.

There are 2 time bands for each event; your time must be within the lower and upper limit. If you are faster than the lower limit or slower than the upper limit you are not allowed to enter. Again there is a limit to the number of swimmers who can attend and therefore, unfortunately, some swimmers may not be accepted to swim.

Mini/Development Meet – an opportunity to swim competitively in a fun friendly environment

Short Course – 25m pool

Long Course – 50m pool

PB – Personal Best – The best time that a swimmer has achieved for a particular stroke/distance

HDW – Heat Declared Winner – When a meet has HDW’s it means there are no finals and positions are decided based on the times swam in the heats.

**Useful Websites**

[Bellshill Sharks Gala Page](http://www.bellshillsharksasc.co.uk/gala/) – Latest eligibility and accepted swim details

[West Districts](https://www.scotswimwest.co.uk/) – West Districts home page.

[Scottish Swimming](https://www.scottishswimming.com/) – Scottish Swimming home page

[Scottish Swimming Licensing](https://www.scottishswimming.com/media/3389207/licensed_and_registered_meets_final.pdf) – information on licensing for galas

[Swim Scotland](http://swimscotland.co.uk/) – Event information

[Swim Meet Terminology + FAQs - MySwimPro](https://myswimpro.com/blog/2018/03/16/swim-meet-terminology-faqs/)